

Pilates Instructor Profiles

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[Eileen Benzel](#)

Eileen Benzel has always had a great love for movement. Due to this, she has been teaching in the fitness world since 1987, starting out with aerobics. By 1997 her interest swayed to the yoga world, and by 1999 she obtained her yoga certification with Kripalu. A year after this, she also started studying pilates, and was certified through Polestar in mat. For the next few years she taught in various locations, including a wellness center for a hospital. In 2005 she attended a workshop with Brook Siler, which motivated her to further her knowledge of pilates by studying equipment in the classical style of pilates. Since then she has been teaching equipment classes as well, and continues to grow and teach in both classes and privates.

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[Mary-Laurence Bevington](#)

teaches Pilates, yoga and PiYo. Her style is contemplative and fun. Mary-Laurence stays open to diverse learners and innovative teaching methods. She apprenticed in Pilates and many types of Pilates equipment, including the reformer, with master movement teacher, Lara Kolesar, from 2001-2003.

From Kolesar Body Knowledge Studios Mary-Laurence holds certifications in Pilates: level IV, The Body Knowledge Method (gyro, yoga, ideokinesis, bodywork) and also in massage therapy from the Institute of Psycho Structural Balancing, 1995.

Mary-Laurence did her first sun salutation in 1985 and has studied various Hatha and philosophical yoga lineages since, including: Ashtanga, Ayengar, Anusara, Bikram, Power yoga, Rajanaka Tantra and Tibetan yoga.

Mary-Laurence has also lead wilderness expeditions on and off since 1985, specializing in the mountains, the canyons, and the rocks. Due to this line of work Mary-Laurence has been a certified Wilderness First Responder since 1991.

She is a candidate for a Masters in Fine Arts: Theatre at Naropa University, pending 2007 graduation. In the first year of this experiential program Mary-Laurence has practiced Body Mind Centering / developmental movement, Suzuki training, Grotowski based physical acting, Roy Hart voice work, African dance, Shambhala Buddhism, contemplative and fearless dancing.

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Risa Booze

A Qualified Teacher of the Pilates method, Risa received her training through the Ron Fletcher Program of Study, a 1000 hour program. She utilized the Pilates method to heal her own low back pain. She has been teaching Pilates for five years at her private north Boulder studio: VitalMotion LLC. Prior to her career in Pilates, Risa provided women's health services for twenty years as a Certified Nurse Midwife.

“What I like most about Pilates is that you can take it anywhere and utilize the principles in all movement: running, skiing, washing dishes, vacuuming or just standing in line at the bank. I get great pleasure out of hearing how my students feel results immediately and get stronger and longer as they continue the practice.”

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Janique Esrey

Janique has been a Boulder resident since 1988, after relocating from Mt. Gretna, Pennsylvania. She has been a Pilates practitioner since 1996, receiving her teaching certification from The Pilates Center in 1999. She is a member of the Pilates Method Alliance. Her long-time interest in bodywork and movement includes a degree in Dance/Movement Therapy from Naropa Institute and certification as a massage therapist from the Boulder College of Massage Therapy. A former instructor for the Colorado Outward Bound School, Janique enjoys a variety of outdoor activities, including rock climbing and trail running. Janique enjoys living in Boulder with her husband and daughter and their pets.

Christine Guzy

Christine has been involved in body mind practices since she was introduced to yoga over 25 years ago. She completed teacher training on the method of Pilates at Movement Science Teacher Training Institute. Christine furthered her skills by completing Polestar training, a rehabilitative approach to Pilates, which integrates principles and practices from motor control theory, Feldenkrais technique, and hatha yoga. She received training in breath facilitation from the International Breath Institute.

Christine's training includes massage therapy, anatomy, therapeutic exercise, neuromuscular and breath repatterning, and injury protocols. Christine has a personalized studio in Boulder and is a distributor of health care products.

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Esha Kaplan

is a Certified Pilates Therapist with 15 years clinical experience. She has an extensive background in movement oriented therapies including The Pilates Method, and she is certified to teach all Pilates apparatus, Swiss Ball applications for orthopedic and sports medicine, and The Feldenkrais Method. She also teaches therapeutic applications of body rolling, Physio-Synthesis, and Core Dynamics.

I attended Sarah Lawrence College where I studied dance and anatomy. My background in dance led me to Pilates and I was certified in 1992 under the direct tutelage of Romana Krysanowska and Steve Giordano at The Pilates Center of Boulder. I have also studied directly with master teachers Eve Gentry and Ron Fletcher. I taught at The Pilates Center of Boulder from 1991-1996 and have maintained a private practice in my home ever since.

My philosophy in teaching corrective exercise is that integrated strength comes from the ability to relax while moving. An enthusiastic, compassionate, and intuitive teacher, I have a natural ability to help people learn to move with greater power and ease. My strength is getting results with clients, especially where other therapy has been insufficient to eliminate their pain.

I am also a Certified Jin Shin Jyutsu practitioner. Practicing Jin Shin Jyutsu for the past six years has allowed me to provide more options for healing to those individuals addressing chronic pain or who want to work on a transformative, versus a maintenance level of health and healing.

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Roxolana Kramarchuk

Roxolana Kramarchuk brings a rich and diverse background of ballet, modern dance, and movement therapy to her instruction and interpretation of pilates. She is a certified pilates instructor, having received her accreditation from the renown Pilates Center in Boulder, CO. Her background enriches her pilates

instruction. She received classical training at the School of American Ballet and a BFA in dance from the Juilliard School. Roxolana was a scholarship student with the Martha Graham and Alvin Ailey schools and danced professionally with various companies in NYC for several years. She has taught dance at the university level and continues to teach ballet and Ukrainian folk dancing in New York.

Roxolana was inspired to become a certified pilates instructor after the pilates rehabilitative method helped her overcome a shoulder and knee injury. Her recovery motivated her to want to demonstrate to others how pilates could teach people to be stronger on the inside, as well as the outside, through

inner discipline and increased physical ability. Pilates also lets her reconnect with her love of dance and teaching. Years ago, Martha Graham and the dance community used pilates because its fluid movement increased strength and flexibility without aggravating injuries. Roxolana works with each client on an individual basis to help them achieve uniform body development, strength, flexibility, and alignment.

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Kerry Lewis Walker

Kerry Lewis Walker is a certified Pilates Instructor & Movement Educator, & a professional dancer and teacher of many years. She holds a B.F.A. in Dance, Choreography & Kinesiology from New York University's Tisch School of the Arts, where she began her studies of Pilates in 1990 under the tutelage of master teacher Kathy Grant, former student of Joseph Pilates. Since then she has studied both the classical & evolved methods of Pilates, receiving certifications in both forms from Body Balance, Ltd. in Chicago & the internationally recognized Pilates Center of Boulder, CO. To her diverse teaching background, she brings years of investigations into the human body through her additional studies in Anatomy, Body-Mind Centering & Ideokinesis. Kerry is passionate about teaching Pilates to all ages & abilities, from Seniors to super-athletes and dancers, to those recovering from injury, post-partum, or working with chronic pain. She opened The Integrated Body, a Mindful Movement Studio in January of 2003 to bring together varied and complimentary forms of movement education and healing touch under one roof for quiet contemplation and study. She believes it is the combination of, and collaboration between all these forms that move one toward an Integrated Body.

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Erika Linton

Erika was first introduced to Pilates in 1992 as part of her training in classical ballet at the Walnut Hill School for Performing Arts. She continued to use Pilates as a method of conditioning throughout her pre-professional career, as well as to rehabilitate herself from several dance related injuries.

In 1999, Erika began studying Pilates at Mira Costa College, eventually becoming an apprentice to her teachers there.

After moving to Boulder in 2001, Erika completed her teacher certification at The Pilates Center and began working on a degree in kinesiology at the University of Colorado.

Erika's teaching style is based on classical Pilates and informed by her knowledge of anatomy, dance, yoga and meditation.

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Joan Tomek

I came to teaching exercise through a lifelong love of movement and my desire to share it with others. I have been certified to teach Group Exercise with the Aerobics and Fitness Association of America since 1999. I have been studying Pilates through both the City of Boulder program and privately with Michael Miller since 2000.

I like to teach by demonstration as well as description and feel that it is essential that exercise be enjoyable as well as correct. My classes and personality are fairly laid back, although I emphasize doing movement as well as possible within the limitations of one's own body. To do less is to waste the effort of both student and instructor.

I am originally from Kansas City, Missouri. I have also lived in Ohio where I attended Oberlin College, earning a B.A. in Art. I moved to Colorado in 1991 and haven't looked back yet.

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